

Immanuel Lutheran

10,000 Shot Club 2024



- For any Immanuel Lutheran Student going into 5th - 8th grade
The 10,000 shot club runs from May 1st, 2024 - August 31st, 2024

- Please use the following link to sign up:
<https://forms.gle/SrVnCtwL4a9nLeC19>

Completed sheets may be turned into the ILS athletic office or emailed to
bbynum@lwlhs.com



Incentives for the 10,000 shot club

- You will receive a ILS 10,000 shot club shirt at halftime of a game at the Immanuel Tournament.
- You will immensely improve your shot and your shooting form.



Rules for the 10,000 shot club

- Please record your shots on the following tracking sheet.
- **-Write the number of shots taken on that given day on the calendar -
1,000 of your shots MUST be free throws**
- **Must register for the shot club by May 15th, 2024.**

- Shot club runs from May 1st - August 31st. All 10,000 shots must be completed by August 31st
- Tracking sheets should be submitted by September 15th to Billy Bynum (tracking sheets can be submitted in person or via email).
 - Take game like shots
- Remember to use good form - B.E.E.F (Balance, Eyes, Elbow, Follow through)
 - Work on jump shots, layups and free throws.
 - If you participate in a summer league game or practice (any summer league, not just Immanuel, AAU counts as well) - **count that as 50 shots**
 - If you participate in a summer league tournament - **count that as 100 shots per tournament day**
 - If you participate in a full day basketball camp - **count that as 300 shots per camp day**
 - If you participate in a half day basketball camp - **count that as 150 shots per camp day**
 - Please have a parent initial or sign the tracking sheet after every 1,000 shots
- **HAVE FUN!**

**If you have any questions, please feel free to contact Billy Bynum
bbynum@lwlhs.com**



10,000 shot club tracking form



NAME _____ Grade _____

MAY 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

Free Printable Calendars from Typecalendar.com

JUNE 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Free Printable Calendars from Typecalendar.com

JULY 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Free Printable Calendars from Typecalendar.com

AUGUST 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Free Printable Calendars from Typecalendar.com

Player's Signature: _____ Parent's Signature: _____

DATE SUBMITTED: _____

